

ARTHRITIS *Action*



A PUBLICATION OF THE ARTHRITIS FOUNDATION

UTAH/IDAHO CHAPTER

Spring 2003

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BrieAnne Ellingson, 15, is the local honoree for the Arthritis Walk in Salt Lake City, May 3, 2003.

BrieAnne found out she had Pauciarticular Juvenile Rheumatoid Arthritis when she was 13 years old. Visit our website for BrieAnne's story.

www.arthritis.org

More
Life,
LESS LIMITS

The Arthritis Foundation kicks off National Arthritis Month the first weekend in May by encouraging the more than 70 million people with arthritis to seek more life and fewer limitations. More time enjoying their family. More gardening and golfing without pain. More of the best of what life has to offer. Whether mild or severe, arthritis – the nation's leading cause of disability – can prevent a person from fully engaging in daily activities, such as getting dressed, opening a door or getting out of a car.

People with arthritis can take action to prevent arthritis from imposing limits on their lives. In conjunction with National Arthritis Month, the Arthritis Foundation wants to inspire Americans to take control of their joint health with a simple phrase: "More Life, Less Limits." Whether talking to a health care provider, beginning a physical activity program or losing weight, taking an active role in improving your joint health today can allow you to live life to the fullest and avoid future limitations of decreased mobility.

"Many people wait to see a doctor because they think they are too young to have arthritis, yet millions of Americans are already exhibiting symptoms of arthritis that may eventually prohibit them from living the way they had always hoped," said John H. Klippel, M.D., Medical Director of the Arthritis Foundation. "It is distressing that denial and misconceptions may cause people to live in a lot of pain."

At the Arthritis WalkSM May 3rd and other Arthritis Foundation events throughout the year, individuals are encouraged to take control of their joint health by visiting the "More Life, Less Limits" booth. Volunteers with the Arthritis Foundation will be available to administer

a simple joint health quiz to determine an individual's risk of arthritis, as well as offer suggestions about local programs and services, and provide information on how to start a walking program today for improved overall health. Walking can reduce joint pain and stiffness, build strong muscles around the joints and increase flexibility and endurance. It is a safe, joint-healthy activity for almost everyone.

Although genetics can put a person at risk for arthritis, there are a number of healthy lifestyle measures people can take to prevent and manage arthritis.

-See Your Doctor. See your health care provider at the earliest signs of arthritis and for a routine check-up at least once a year. Request an examination of your joints and ask for suggestions on protecting your joints from daily activities. It's never too soon to learn self-management techniques.

-Get Moving. For limber joints, a strong heart and a lifted spirit, walking is one of the simplest forms of physical activity and a great way to lose weight. Research has shown that losing as little as 11 pounds may cut your risk of osteoarthritis of the knee by 50 percent. Remember to speak with your doctor before beginning a walking regimen.

-Get Involved. The Arthritis Walk and other events throughout May are the perfect way for you to help yourself and others. You can get moving, get informed about the signs of arthritis, and raise money for research critical to finding new therapies, treatments and ultimately a cure for arthritis, as well as community-based programs and services in your area.

"The Arthritis Foundation is a lifelong partner for people with arthritis," said Utah/Idaho Chapter President, Lisa Fall. "We want all Americans to know arthritis can be controlled and we are here to help, with programs, products and services that help people with arthritis lead a more active, fulfilling life – a life with fewer limits."

The mission of the Arthritis Foundation is to improve lives through **leadership** in the **prevention, control** and **cure** of arthritis and related diseases.



Scott C. Ulbrich

Message from Scott Ulbrich Chapter Chair

The next time you are in a crowd take a closer look at the faces around you. One out of every three people in Utah and Idaho has arthritis. This means either the person to your left or right, or you yourself, may have one or more of the 100 different forms of arthritis. Arthritis does not discriminate when it comes to age, so the children and teenagers you see may also have arthritis. It is also difficult to determine, just by looking at a person's face, if they have arthritis. Arthritis is an invisible disease in the sense that most forms are not detectable to the human eye but can surely be felt and limit the activities of those living with it.

This past October the Centers for Disease Control (CDC) reported that arthritis is more widespread than imagined, affecting 70 million Americans, or one out of three adults and approximately 300,000 children. The previous estimate was 43 million. In Utah and Idaho combined, over 800,000 children, teenagers and adults are affected by arthritis on a daily basis. As the population ages, it's likely that the prevalence of arthritis will continue to climb.

The CDC numbers are alarming, but we can take control of arthritis if we take action. The Arthritis Foundation and people affected by arthritis can work together to limit its daily impact in their lives. Many programs and services are offered locally, including land and water based exercise classes, self-help courses and free educational literature. Look at the calendar of upcoming events to find a workshop that will help you take control and lead a more fulfilling life.

We can also change the future by supporting, advocating for and funding research to prevent and cure arthritis. With continued research and new medical advancements we are confident we will find cures for arthritis. Join us at the Arthritis Walk on May 3rd in Salt Lake City to help us take another step toward finding a cure and support the programs that benefit our local communities.

Now more than ever, it's crucial for our nation to focus on arthritis as a public health problem. Government agencies, organizations and individuals need to set and act on goals to prevent and manage this disease. This year, May 3rd, will be declared **Utah Arthritis Day** by Governor Michael Leavitt. This is one step in the right direction. May we continue to progress and work together to find a cure and take control of arthritis.

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Arthritis Information at Your Fingertips!

The Arthritis Foundation Web page is accessible 24 hours-a-day, seven days-a-week making information on arthritis available anytime you need it. Log on to register for classes, research information and find support when it is most convenient for you.

Information You Will Find on the Utah/Idaho Home Page

To access the local Utah/Idaho home page, log on to www.arthritis.org and type in your zip code. Use the links on the left to find information on the following:

News: Read about local heroes and local happenings.

Events: Your resource to information on upcoming events.

Arthritis Walk: The Arthritis Walk will take place May 3rd in Salt Lake City. This link provides all the information you'll need to get involved.

Programs and Services: Exercise classes, seminars and much more.

Volunteer: Find out how you can help improve lives!

Advocacy Program: Become informed about the issues surrounding arthritis and make your voice heard.

Physician Referral List: Find a rheumatologist in your area.

Staff Contacts: Contact a member of our staff.

RA and FM Connect: Connect with others who have rheumatoid arthritis or fibromyalgia. Share your story, create a personal web page, connect through chat and discussion boards, and discover resources others have found helpful.

Register on the chapter home page to receive future issues of the chapter newsletter online.

Popular Links

Visit these popular sections of the Arthritis Foundation's Web site by clicking on the Resources Tab at the top of our home page:

- Diet and Nutrition
- Relationships & Dating
- Surgery Center
- Arthritis Today



Arthritis Information in Spanish

According to the 2000 Census, arthritis affects more than 12 million people in the Hispanic population. The Arthritis Foundation is the first non-profit healthcare Web site to provide a comprehensive, educational format for Spanish speaking Americans interested in learning more about arthritis.

¡Bienvenidos a nuestro sitio en español!

Para facilitar la búsqueda, acumulamos toda la información sobre artritis en español en este conveniente sitio. Si ha sido diagnosticado recientemente o ha padecido artritis por algún tiempo, aquí encontrará una variedad de recursos para ayudarle a controlar de su artritis. La información es la llave para tomar el control y el manejo de su enfermedad.

Introduction to the Internet

Want to send an e-mail or check out the Arthritis Foundation's Web site for up-to-date medical information, but you don't have a clue how? Sign up for one of these classes to begin your journey on the information highway:

South Jordan - May 6, 13, & 20

Sandy - May 15

Salt Lake City - May 20

Please call the Arthritis Foundation for more information and to register at 801-536-0990 or 800-444-4993.

www.arthritis.org

**Register
Today!!**

Utah Arthritis and Fibromyalgia Wellness Month

536-0990/1-800-444-4993 / www.arthritis.org

April 24-May 29

Arthritis Self-Help Course
Wednesdays, 6:00 – 8:00 PM
Hand & Orthopedic Rehab Specialists
702 East South Temple, Salt Lake City
Pre-registration required.

May 1, 2003

**Power of the Arts to Foster
Mind/Body Healing**
Nancy Collier
Thursday, May 1, 2003; 4:00 – 5:00 PM
Riverton Community Center
12830 S Redwood, Riverton

May 2, 2003

Arthritis Answers & Gardening Tips
Richard Gremillion, M.D.
Bonnie Christophersen
Friday, May 2, 2003; 7:00 PM
Southern Utah University
Conference Center; Charles Hunter Room
351 West Center Street, Cedar City

May 3, 2003

Arthritis Walk
Saturday, May 3, 2003;
Sign-in at 7:30 AM, Starts at 9:00
University of Utah, Fort Douglas
Salt Lake City
Arthritis Answers & Gardening Tips
Richard Gremillion, M.D.
Bonnie Christophersen
Saturday, May 3, 2003; 1:00 PM
Dixie College, Student Center
Conference Room B
225 S 700 E, St. George
Lupus Symposium
Saturday, May 3, 2003; 8:30-3:00 PM
Utah Law & Justice Center, 645 S 200 E, SLC
Call Lupus Foundation at 1-800-657-6398 to
register.

May 5, 2003

Gardening & Arthritis
USU Advanced Master Gardener
Monday, May 5, 2003; 1:00-2:00 PM
Thanksgiving Point Gardens
3003 N Thanksgiving Way, Lehi

May 6, 2003

Introduction to the Internet
Alice Amini
Three-day class: May 6, 13, and 20; 1-2:30PM
South Jordan Senior Center
10788 S Redwood Rd, South Jordan

May 7, 2003

OFFER CFS/FM Education Meeting
Wednesday, May 7, 2003; 7:00 – 9:00 PM
SL County Complex-Commission Chambers
2001 South State, Room N-1100, SLC

May 8, 2003

Relaxation Techniques
Steve Crandall, PT
Thursday, May 8, 2003; 7:00-8:00 PM
Utah Center - Hand & Orthopedic Rehab
Specialists
952 E 5400 S, Murray

May 8, 2003

Arthritis Answers & Gardening Tips
Jeffrey E. Booth, MD
Bonnie Christophersen
Thursday, May 8, 2003; 7:00 PM
Ogden Regional Medical Center - Oak Room
5475 S 500 E, Ogden

May 10, 2003

**Arthritis & Fibromyalgia
Education Day**
Saturday, May 10, 2003; 12:00-4:00PM
Utah Law & Justice Center
645 S 200 E, SLC
WORKSHOPS:
12:30-1:30 PM **Arthritis Answers** - Don Stromquist, MD
Body Mechanics - Eric M. Hoffmann,
PT, MS
1:45-2:45 PM **Fibro 101** - Connie Thomsen, PT
Surgery Advances - Pilar Dechet, MD
Massage - Maggie Adams, LMT
Osteoporosis—TBA
3:00-4:00 PM **Arthritis Wellness Tips**
FM/CFS Wellness Tips

May 13, 2003

Arthritis Exercise Class
Melanie Naylor, COTA/L
Tuesday, May 13, 2003; 10:30 AM
4578 S Highland Dr, Suite 190, SLC
Healthy Living with Arthritis of the Hip
The Orthopedic Specialty Hospital
Healthcare Professionals
Tuesday, May 13, 2003; 6:30 PM
5848 S Fashion Place Blvd (300 E), Murray
This free seminar series is presented once a
month discussing arthritis of the hip, knee or
hand. Please call or check our website for
monthly dates and times.

May 13, 2003

Gardening & Arthritis
Bev Sudbury, Master Gardener
Wednesday, May 14, 2003; 1:00-2:30 PM
SL County Complex, 2001 S State St.
South Building, Room S-1007/1008, SLC
Healthy Eating
Annemarie Christopoulos
Wednesday, May 14, 2003; 7:00 – 8:00 PM
Treehouse Athletic Club,
1101 E 12300 S, Draper
Arthritis Answers & Gardening Tips
Harold Vonk, MD
Bonnie Christophersen
Wednesday, May 14, 2003; 7:00-9:00 PM
USU Education Center, East Building
Room 109
195 W 1100 S, Brigham City

May 15, 2003

Stretching
Tyler Hanson, PT
Thursday, May 15, 2003; 12:00-1:00 PM
Hand & Orthopedic Rehab Specialists
702 E South Temple, Suite 102, SLC